



Tucson Community Supported Agriculture

Newsletter 701 ~ September 16, 2019 ~ Online at www.TucsonCSA.org

Summer 2019

Harvest lists are online.

Back Page Recipes

- Thai Sonoran Curry
- Summer Squash Soup
- Apple Clafouti
- Lemongrass Pork or Chicken (New!)

Find many more recipes on our website.

Upcoming Event: Cooking Class with Rachel Yaseen

What: Organic cooking class featuring local Tucson CSA produce.

When: October 2 from 6-8:30 p.m.

Where: The Urban Grove

To learn more, and to register, please visit rachelyaseenworldwide.com

New Bean Sprouts!

Starting this week, you can add a bean sprout to your share for \$4/week (or \$24 for a 6-week subscription). Bean sprout shares will rotate between sprouted mung beans and lentils.

You can add a bean sprout share (as well as any other share) to your CSA subscription by logging into your account and making the change on either Thursday or Friday of any given week. The change will take effect the next week.

Beyond the Pickup

We've created a new way to connect with your Tucson CSA community outside of the weekly pickup.

We're lucky to have a special community of over 300 members, volunteers, and food producers at Tucson CSA. Every week we have the opportunity to connect, share recipes, and answer each other's questions about removing nopal spines and preserving the umpteenth cabbage of the season. Our time together is so lovely and rewarding that we're often sad when the last member has gone home on Wednesday night. For these reasons and more, we've created a private Facebook Group for current and former Tucson CSA members called **Tucson CSA Community** where current and former Tucson CSA community members can connect, share, and answer each other's questions.

The **Tucson CSA Community** Facebook Group is: A place to connect with other Tucson CSA members, volunteers, and food producers. A place to share seasonal CSA-inspired recipes. A place to post photos of your kitchen creations. A place to ask CSA-related questions. A place to extend our wonderful CSA community beyond the weekly pickup hours.

We hope that this group will be a place where we can share our collective love and appreciation for local food and that it will serve as a resource for you when you have CSA-related questions. There are a few basic rules:

1. **Be Kind and Courteous:** We're all in this together to create a welcoming environment. Let's treat everyone with respect. Healthy debates are natural, but kindness is required.
2. **No Hate Speech or Bullying:** Make sure everyone feels safe. Bullying of any kind isn't allowed, and degrading comments about things like race, religion, culture, sexual orientation, gender or identity will not be tolerated.
3. **No Promotions or Spam:** Give more than you take to this group. Self-promotion, spam and irrelevant links aren't allowed.
4. **Respect Everyone's Privacy:** Being part of this group requires mutual trust. Authentic, expressive discussions make groups great, but may also be sensitive and private. What's shared in the group should stay in the group.

Tucson CSA Community is a closed group, which means you must ask to join the group on the group's page. Once you've requested to join, an admin will approve the request – at which point you're free to post recipes, photos, and/or questions. To find the group, simply search “Tucson CSA Community” on Facebook or go to facebook.com/groups/tucsoncsacommunity.

We're really excited to engage with you all in a new way and gain inspiration from your CSA-inspired creations. We hope to see you in the virtual extension of our Tucson CSA community!

RECIPES

Thai Sonoran Curry

Shelby Thompson, Tucson CSA

1 tablespoon coconut oil
1 small white onion, diced
2 cloves garlic, minced
1 1/2 tablespoons fresh ginger, peeled and finely chopped
1 small hot pepper, seeded and finely diced
4 1/2 cups seasonal veggies (such as squash, potatoes, okra, carrots), diced
2 tablespoons Thai green curry paste (such as Thai Kitchen brand)
1 can full fat coconut milk
1/2 cup filtered water
1-2 teaspoons coconut sugar or raw cane sugar
1 1/2 teaspoons soy sauce
1 1/2 teaspoons freshly squeezed lime juice
Sea salt, to taste
Dried chiltepins, to taste
Fresh herbs, for garnish

Heat coconut oil in a large pot or Dutch oven over medium-low heat. Add onion, garlic, ginger, and hot pepper to the pot and sauté, stirring frequently, for five minutes or until the onions are translucent. Add the beans, summer squash, and potato to the pot and stir the ingredients together. Salt the veggies with a few pinches of sea salt. Sauté the veggies for 5 minutes. Add the curry paste to the pot and stir everything until the curry paste evenly coats the vegetables. Cook the vegetables for two more minutes. Add the coconut milk, filtered water, and sugar to the pot and stir everything together. Simmer the curry over medium-low heat for 15-20 minutes, or until the potatoes are tender. Turn the heat off and stir in the soy sauce and lime juice. Taste the curry to check for seasonings. Add more salt if need be. Serve the curry in bowls over your choice of grain. Sprinkle with crushed dried chiltepins and fresh cilantro and/or basil.

Summer Squash Soup

Nora McGinnis, adapted from Gourmet Magazine

3/4 stick (6 tablespoons) unsalted butter, cut into pieces
1 medium CSA onion or about half a basket of little sweetie onions, halved lengthwise and thinly sliced crosswise
1/2 teaspoon salt
2-lb CSA yellow summer squash, halved and thinly sliced
2-4 CSA carrots, thinly sliced
1 CSA yellow-fleshed potato (1/2 pound), peeled, halved, and thinly sliced
4 cups vegetable stock

Melt butter in a 6- to 8-quart wide heavy pot over moderate heat, then cook onion with salt, stirring, until softened, about 8 minutes. Add squash, carrots, potato, and stock and bring to a boil. Reduce heat, then simmer, partially covered, until vegetables are very tender, about 20 minutes. Remove from heat and cool soup, uncovered, 10 minutes. Working in batches, puree; soup in a blender until smooth (use caution when blending hot liquids) and transfer to a bowl. Return purée to cleaned pot and thin with water if desired; simmer 3 minutes. Season with salt.

Apple Clafouti

Adapted from Ina Gartner, Barefoot in Paris

1/3 cup plus 1 tablespoon granulated sugar
3 eggs, at room temperature
6 tablespoons flour
1 1/2 cups heavy cream
2 teaspoons vanilla
1/2 teaspoon salt
2 tablespoons dark rum or brandy
3 medium apples
Confectioners' sugar
Crème fraiche

Heat the oven to 375°. Butter a large pie pan and sprinkle the bottom and sides with 1 tablespoon of the granulated sugar. Beat the eggs and the 1/3 cup of granulated sugar on medium high speed until light and fluffy, about 3 minutes. Remove beaters and gently fold in the flour, cream, vanilla extract, salt, and brandy with a spatula. Set aside and let batter rest for 10 minutes. Peel and core apples and cut lengthwise into eighths. Scatter over the bottom of the baking dish. Pour the batter over the apples and bake until the top is golden brown and the custard is firm, 35 to 40 minutes. Serve warm or at room temperature, sprinkled with confectioners' sugar, and crème fraiche.

Lemongrass Pork or Chicken - New!

Sara Jones, Tucson CSA

You can use a large pork shoulder roast cut into thin strips or boneless chicken thighs for this recipe. For best results pound meat to an even 1/4" thickness. These will taste best on the grill but you can use a grill pan or skillet instead. Serve alongside rice or tucked into a baguette.

2 pounds sliced pork or chicken
2-3 lemongrass stalks, white parts only
1 tablespoon freshly grated ginger
1 garlic clove, minced
Green onions, finely chopped
2 tablespoons dark brown sugar
2 tablespoons fish sauce
2 teaspoons soy sauce
1 tablespoon oil

Smash the white part of 2-3 lemongrass stalks and chop or pulse in a spice grinder until finely minced. Mix together with the remaining ingredients and rub onto meat, coating well. Place in a container and let marinate for several hours or overnight. While grill heats, let meat come to room temperature. Cook over medium high to high heat for about 12 minutes, flipping a couple times to brown well on both sides.